

Walk or Run To Better Health...



Join us for the 6th Annual
Arrowhead Regional Medical Center

Community 5K Walk/Run plus, Health & Fitness Expo

Starting in January 2012, pre-register online
@ www.arrowheadmedcenter.org

Saturday, March 10, 2012 at ARMC

FREE

Registration begins at 7 a.m.,
Warm-ups at 8 a.m. and Walk/Run
at approximately 8:30 a.m.

**The Heart Of A
Healthy Community**



ARROWHEAD REGIONAL MEDICAL CENTER

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